

NewsWIC

Fond du Lac County Health Department

Winter 2009



New to WIC-- CANNED BEANS!

One of the newest additions to WIC foods is canned beans.

Beans come in a variety of colors, flavors and shapes. Their flavors range from hearty to delicate and mild. They are a good alternative to meat because they provide protein and iron at a fraction of the cost.

Canned beans can be substituted in recipes calling for cooked, dry beans. A 16 oz. can equals 1-2/3 cups cooked beans.

Using canned beans:

- drain beans in colander and use cold water to rinse away packing liquid
- add to recipes towards end of the cooking time to prevent mushiness
- can add cold beans to salads and salsa
- make a low-fat dip for tortillas or fresh vegetables; mash up, heat and season
- mix beans and salsa; serve over hot rice
- wrap up beans with cheese, lettuce, and tomato in a corn tortilla for a quick bean burrito.



Here's a recipe you might want to try:

Enchilada Bake

(makes 8 servings)

- 1 Tbsp. oil
- 1 lg. onion, chopped
- 3 cloves garlic, minced
- 1-2/3 cups (16 oz. can) black beans
- 1 can (7 oz.) corn, drained and rinsed
- 1 tsp. cumin
- 2 cups prepared salsa, divided
- 8 corn tortillas
- 1/2 cup shredded Monterey Jack cheese

- 1) In large skillet, heat oil over medium heat; sauté onion and garlic 2-3 minutes.
- 2) Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
- 3) Spoon 1/3 cup filling onto each tortilla; roll up.
- 4) Spoon 1/2 cup salsa into 11x7x2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.
- 5) Cover and bake in 350 degree oven for 15-20 minutes.
- 6) Uncover; top with cheese. Bake 2 minutes longer till cheese is melted.



Breastfeeding Corner

Accept No Substitutes!



Ever wonder why artificial baby milk is called “formula”? Before the 20th century, there was no pre-made formula sold in cans. Moms had to make a substitute milk by carefully following a recipe or “formula”. The ingredients had to be mixed carefully to the right proportions according to the baby’s weight and tolerance of the mixture. To protect from bacteria and contamination, bottles and nipples had to be sterilized.

Commercially prepared formula was offered as an alternative to mixing it yourself. They advertised the formula as “more like mother’s milk” but these new ingredients can’t survive the canning process. Even when companies add the newest ingredients, they can’t duplicate human milk because there are hundreds of ingredients that haven’t been identified yet. Human milk is a living fluid that contains exactly what babies need, in the right proportions and is always sterile. And, because human milk has antibodies, it is baby’s first immunization against disease. Breastfeeding is the original fast food and a no-brainer.

Flu Season Tips

If someone in your home is sick:

- Throw away tissues and other disposable items in the trash.
- Avoid touching your eyes, nose and mouth; this is how germs spread.
- Do not give aspirin or products that contain aspirin to kids 18 or younger.
- Frequently clean commonly touched surfaces such as doorknobs, faucet handles, refrigerator handles.
- Have everyone in the household **WASH HANDS** often with soap and water, especially after coughing or sneezing.

FDL County Immunizations

December

14 (Mon) 2:00-5:00, City-County Bldg., FDL

January

11 (Mon.) 2:00-5:00, City-County Bldg., FDL

14 (Thurs.) 4:00-6:00, Waupun Hospital

18 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.

25 (Mon.) 4:00-6:00, City-County Bldg., FDL

27 (Wed.) 4:00-6:00, Ripon High School

February

8 (Mon.) 2:00-5:00 City-County Bldg., FDL

22 (Mon.) 4:00-6:00, City-County Bldg., FDL

March

8 (Mon.) 2:00-5:00 City-County Bldg., FDL

11 (Thurs) 4:00-6:00 Waupun Hospital

15 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.

22 (Mon.) 4:00-6:00, City-County Bldg., FDL

31 (Wed.) 4:00-6:00, Ripon High School

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.

